

National Currency Watch 2026-07-17

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	7.8 mg	2.6%	8.7%	-16.9%	-54.3%
CAD	5.5 mg	3.5%	8.4%	-19.0%	-59.0%
EUR	8.9 mg	2.7%	7.1%	-17.9%	-55.7%
JPY	0.048 mg	2.6%	7.4%	-24.3%	-69.0%
CNY	1.15 mg	3.2%	8.0%	-11.3%	-56.4%

Digital Token Watch 2026-07-17

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	497.45 g	2.2%	7.8%	-55.6%	-7.5%
Ethereum (ETH)	14.33 g	5.2%	14.4%	-56.1%	-55.3%
Crypto Index (CCi30)	2,863.40 g	1.7%	4.0%	-61.4%	-67.9%

Bond Watch 2026-07-17

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.64 g	2.7%	8.8%	-17.4%	-52.9%
US 20+ Year (TLT)	0.66 g	2.7%	6.4%	-17.5%	-72.0%

Equity Watch 2026-07-17

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	405.96 g	1.6%	10.1%	-2.6%	-31.4%
S&P 500	58.06 g	1.0%	9.2%	-1.6%	-21.3%
Nikkei 225	3.08 g	-4.0%	-1.5%	21.7%	-29.1%
Euro STOXX (FEZ)	0.527 g	2.1%	6.3%	-5.7%	-32.9%
HUI	4.61 g	-4.3%	-10.8%	16.4%	2.0%

Commodity Watch 2026-07-17

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.642 g/bbl	18.5%	16.7%	1.4%	-47.5%
Platinum	12.24 g/oz	-0.4%	-4.9%	-7.7%	-36.7%
Palladium	9.65 g/oz	-0.2%	-1.3%	-16.3%	-79.1%
Silver	0.430 g/oz	-4.4%	-13.9%	21.6%	-3.3%
Copper	48.4 mg/lb	2.4%	4.3%	-5.8%	-34.4%
Coffee	25.6 mg/lb	-1.8%	28.5%	-12.7%	-7.1%
Cotton	6.00 mg/lb	-1.1%	8.9%	-4.8%	-60.9%